



# Mental Health Institutes

At

Cherokee, Clarinda, Independence, Mt. Pleasant

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## Purpose

Iowa's four mental health institutes (MHIs) provide psychiatric care for Iowans needing mental health treatment and provide specialized mental health related services. Those include substance abuse treatment, dual diagnosis treatment for persons with mental illness and substance addiction, psychiatric medical institute for children (PMIC), and long term psychiatric care for the elderly (geropsychiatric).

## Who

- Over the past eight years, budget cuts have dictated decreased capacity of adult psychiatric beds by 41 percent and child and adolescent beds by 45 percent. There have been periodic waiting lists.
- The total served in SFY08 is nearly equal to year-before numbers.
- In SFY 2008, 77 percent of persons served were involuntarily committed for treatment.

In SFY2008, the MHIs served:	
Adults	829
Children / Adolescents	417
PMIC	186
Dual Diagnosis	120
Geropsychiatric	51
Substance Abuse	523
<i>Total</i>	<b>2126</b>

## What

- Children and adolescents are offered acute psychiatric stabilization services at Cherokee and Independence. Independence also has a 30-bed psychiatric medical institute for children (PMIC).
- Adults are offered acute psychiatric stabilization services at all four facilities. The median length of stay was 36.7 days. In addition, Mount Pleasant has a 50-bed substance abuse treatment unit and a 15-bed treatment unit for adults with both mental illness and substance addiction.
- Older Iowans with long-term mental and physical health needs are served at the 35-bed geropsychiatric unit at Clarinda.
- All facilities offer consultation services to community based mental health providers to facilitate less restrictive community-based placement of patients.

## How are we Doing?

- 97.7 percent of patients show improvement in ability to function as measured by a widely recognized evaluation scale (Global Assessment of Functioning - GAF).
- 92.8 percent of adults are not readmitted within 30 days of discharge.
- Iowa has a comparatively low number of psychiatric beds. In 2001, there were 13.8 beds per 100,000 population, placing Iowa 31<sup>st</sup> in the country. National rankings from 2004-2005 place Iowa at 47<sup>th</sup> in the nation with 8.1 beds per 100,000 population. Although national rankings have not been calculated since that time, the number of beds in Iowa has dropped sharply, down to an estimated 5.8 beds per 100,000 in SFY 2007. Further reductions would jeopardize ability to deliver critical services.